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## Inside

- What Dr. Julia Is Reading pg 1
- Add This Mineral to Your Diet Today pg 2
- This Month's Local Events pg 2
- Seaweed Soup pg 3
- Spring Clean Your *Mind* and Your *Body* pg 4

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## How to Look at the World With Wonder

### CELEBRATING WORLD BOOK DAY



Alfred with his good friend, Liam



March Madness has come and gone, and last month was a bit mad for me, but in the best way! As you know, continuing education is a big focus for us at Wrigleyville Dental, and I got the chance in March to travel to both sides of the country for some exciting learning opportunities.

First, I went to Boston for the Sleep Disorder Symposium. Medical and dental providers spoke on research in the category of sleep medicine,

and it gave us a chance to collaborate. There is a lot of potential for medical and dental providers to work together cross-functionally to treat sleep issues, starting with breathing. I'm looking forward to bringing the new knowledge and resources back to our practice.



Alfred lounging

Later in the month, Dr. Silva and I headed to Denver to attend an educational conference presented by the International Academy of Oral Medicine and Toxicology. It focused on holistic medicine and added to our growing bank of knowledge in holistic dentistry.

Now that I'm back at home, I'm looking forward to sharing what I learned and getting back into my routine. Part of that is making time to relax. Ian and I are getting outside more as the weather gets warmer, and as you can see, Alfred has gotten a lot bigger. He's able to go on longer walks — meaning we *all* benefit from more exercise and Vitamin D.

I also like to relax with a good book in hand. Even though I usually try something new, there is one book I find myself returning to almost once a year. Like some of you, I was introduced to "The Little Prince" in my high school French class, and it's still my favorite book. The messages about growing up, staying young at heart, and the value of friendship have stayed with me all my life.

Part of it was the way our teacher taught the class. He encouraged us to look past the surface of the story and derive the deeper meaning from Antoine de Saint-Exupery's writing. My copy is still marked with all the notes that I took in class.

In one part of the book, The Little Prince befriends The Fox. They become very close, but at a certain point, The Little Prince recognizes it is time for them to part ways. The Fox is sad, but he reminds the prince that even if they are apart, they have their memories of one another. Referring to the wheat fields where he lives, The Fox says to The Little Prince, "You have hair that is the color of gold. The grain, which is also gold, will bring back the thought of you."

I love this message of how someone can affect you and hold a special place in your heart. "There's no shop anywhere where one can buy friendship," advises The Fox. I couldn't help but think of these two characters when I saw this picture of Alfred next to his friend.

Each time I read the book, I find a new meaning in something that I didn't recognize before, or maybe I couldn't relate to yet because I hadn't experienced it. High school was just the beginning of my transition into adulthood. Now, I understand the perspective of The Pilot even more — a character who shows us how differently adults and children see the world. It's easy to lose sight of our dreams and be caught up in everyday "matters of consequences." "The Little Prince" is a reminder to stay young at heart and look at the world with wonder and imagination, no matter your age.

April 23 is World Book Day, which gives you a great reason to sit down with a good book. If you haven't read it, I highly recommend "The Little Prince."

Happy April!

-Dr. Julia

# SPRING CLEAN YOUR MIND AND YOUR BODY

**10% off of Nutrition Consult and Packages with Julie this Spring when you mention this newsletter article**

As spring approaches and the days get longer and brighter, we are feeling more energized and motivated to lose the few pounds we added naturally during the winter. Just like we feel the need to spring clean the house after hibernating for several months, it is also important to spring clean your mind and body.

Your body naturally knows how to detoxify. The liver works day and night cleaning and clearing out toxins that we ingest through our diet, skin, thoughts, and even our emotions. During spring, green is the predominant color, and in traditional Chinese medicine, green and spring are associated with the liver. In ayurvedic practices, spring is a transitional season and an ideal time to detoxify. Spring provides foods like sprouts, greens, berries, and cherries that all naturally

-BY JULIE KINGSTON, RDH, CHC, RYT

detoxify the blood and lymph. Dandelion root teas and a variety of greens are alkaline-rich foods that Mother Nature provides in the spring. These foods cleanse and clear out the winter sludge.

Detoxifying your mind and body doesn't have to be extreme. A few simple things added to your routine will greatly benefit your mind and body.

#### Self-Care Routines for Naturally Detoxifying the Mind and Body

1. Dry brushing your entire body creates compression on your tissues and releases toxins in the lymphatic system. Simply use a dry body brush before showering. Brush in circular motions to help release toxins. Make sure you dry brush everywhere you can reach.
2. Give yourself a self-massage using sesame oil or any other organic oil. Massage your entire body with small circular motions to help soothe and replenish the nervous system.

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# The Health-Boosting Benefits of Magnesium

## AND WHERE TO FIND IT

"We are what we eat, and what we eat has a profound impact on our health." -Dr. Linda Robins

When you look at the bounty offered up at the farmers market, do you think, "Wow, I bet that bunch of kale contains 22 milligrams of magnesium per cup"? Probably not. We may not think of food that way, but key vitamins and minerals are exactly what make it so nourishing.

Magnesium, in particular, is an essential mineral to keep our bodies functioning — our cells need magnesium to produce adenosine triphosphate (ATP), the body's "energy currency." Just imagine what it feels like to not have enough. Low energy, headaches, and muscle cramps can all result from low magnesium levels.

Headache sufferers may find that adding more magnesium-rich foods to their diet could help alleviate the severity and frequency of their head pain. Your diet is the best way to ensure you're

getting adequate amounts of the mineral, because supplements often aren't absorbed as readily.

Two surprisingly high sources of the mineral are found in the sea — kelp and seaweed. Kelp is actually a subgroup of seaweed, and while seaweed varies in size, kelp grows very tall. Kelp's size and need for nutrient-rich waters means that it also absorbs a lot of nutrients, resulting in high levels of magnesium.

For comparison, kelp has 760 milligrams of magnesium per serving, whereas almonds have 270 milligrams, and cashews have 267 milligrams. All these foods are healthy and good sources of nutrients, but if you're looking for a magnesium boost, you might turn to these foods from the sea. Dr. Linda's online shop — shop.drlindas.com — is one place to find tasty, sustainably harvested kelp products, including seasonings and soup mixes.

Look for kelp and other seaweed products the next time you're shopping, and enjoy the health benefits of a magnesium-sufficient diet!

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3. Take a hot shower. Wash with clean, gentle soaps (preferably organic products). The hot water is invigorating and causes the blood to rush to the surface of the skin.
4. Take a cold shower for a few seconds just before you get out. This closes all the pores and causes the blood to rush back toward your organs. You will feel invigorated, energized, totally restored, and ready for your day! Releasing the stagnation trapped in our tissue on a daily basis breaks up cellulite, creates circulation, and aids in detoxification and stimulation of the lymphatic system.
5. Sipping hot, clean water every 10 minutes for two weeks will create movement in the lymphatic system. Why is this important? The lymphatic system is twice as large as your vascular system and drains into the vascular system. If the lymph is clogged, then the blood supply is stagnant as well. As we move from a fat-storing time of the year (winter) into the detoxifying time of the year (spring), clearing out your drains is a must. Sipping hot water every 10 minutes allows your cells to instantly hydrate with minimal effort. Every 10 minutes creates an accordion effect on all of your cells, which eventually gets your lymphatics moving. This simple process will reduce bloating, menstrual cramps, and headaches, as well as improve blood pressure and sleep. Plus, it supports weight loss.
6. A copper tongue scraper removes toxins from the base of your tongue, which decreases toxins in the mouth while also reducing cravings. The mouth is the entryway to the body, and it is very vascular. The toxins in your mouth can travel throughout the vascular system, which can contribute to fatigue, cravings, bad breath, cavities, and even illness. Copper is an antibacterial metal that is suggested in ayurvedic practices daily.

## MUST-CATCH CHICAGO EVENTS THIS MONTH



If you're looking for something to get you out and about in the Chicago area this April, you're in for a treat. As the weather begins to warm up, Chicago will be bursting with activities. Check out some of our Windy City favorites for April!

### INTERNATIONAL POP OVERTHROW

If you enjoy pop music, you definitely don't want to miss this festival. The International Pop Overthrow, or IPO, is coming to Chicago's Red Line Tap from April 20-28.

IPO is an opportunity for pop music bands from around the world to get together and perform live onstage in front of eager audiences. Its purpose is to provide a time and place to shine for those bands who may not have had the chance to perform live before. Anywhere from 25-180 bands will get the chance they've been waiting for, and an excited audience gets the chance to experience great pop music.

### ONE OF A KIND SHOW

On April 27-29, The Mart in Chicago will be hosting its third annual spring art show. Over 300 talented artists from all over North America will be joining the event to show off their hard work and talent.

Taking part in the art show is Lillstreet Art Center. The center will have an area set up for people of all ages to learn how to create arts and crafts of their own. Kids and adults alike will be inspired to make their own art pieces together!

### JAPANESE GARDEN SPRING FESTIVAL

Want to immerse yourself in another culture? Join Chicago's Botanic Garden this spring to learn about children's celebrations in Japan!

Come be whisked away April 28 and 29 for a day filled with fun activities anyone can join, and appreciate some of the Japanese traditions. You'll be served traditional tea, which, while free, will have limited availability. Kids can participate in different projects such as crafting kimono-clad paper dolls.

This spring is filled with artistic, musical, and cultural opportunities. Don't miss out on these great experiences!

## Seaweed Soup

Recipe adapted from Larch Hanson Maine Seaweed, LLC

It is the perfect magnesium-rich food to nourish our spirit and the missing link to our health.

### INGREDIENTS

- 2 cups lentils
- 8 cups broth
- 2 tablespoons coconut oil
- 1 white onion
- 4 carrots or 2 beets
- 3 stalks celery
- 5 kale\* leaves
- 1 red pepper

- 1/4 cup seaweed soup mix (kelp, kombu, and alaria Alaska seaweed)
- 4 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1 teaspoon black pepper
- 1 teaspoon Celtic sea salt or ume plum vinegar

\*Substitute with seasonal greens. Use organic and local ingredients for the most nutrient-enriched soup.

### DIRECTIONS

1. Chop vegetables. Sauté onions, garlic, and vegetables until soft.
2. Add broth, seaweed soup mix, lentils, and spices.
3. Bring to a boil, then lower heat and simmer until lentils are soft.
4. Season with salt or ume plum vinegar.

